


# #197 A Letter of Gratitude to Solitude

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Dear Solitude,

Being alone can sometimes feel daunting but in your presence I've found a sense of calm that I never expected.

You have taught me the value of self-reflection and personal space. In your quiet embrace I feel safe, free to think and fully present in my own thoughts. You've given me the chance to grow, heal and understand myself better than I could have in the noise of the world.

Thank you for reminding me that peace doesn't always come from being surrounded by others but often from within. I'm learning to appreciate the stillness and strength that comes from being alone, and I'm grateful for the serenity you bring.

***“Alone yet at peace I find strength in solitude and safety in stillness.”***

With gratitude,  
Shalo